

Tobacco Tid-Bits

Tobacco Free Coalitions of Clark County and Skamania County
Clark County Health Department • Tobacco Prevention and Education Program

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<http://www.clark.wa.gov/health/tobacco/tidbits.html>

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Health Department Enforces New State Clean Indoor Air Act

Since the voter-mandated Clean Indoor Air Initiative became law on December 8, staff with the Tobacco Prevention and Education program at the Clark County Health Department have seen a decrease in questions about the law and an increase in reported violations. Reports of violation come in daily, both on the Info Line and electronically from the [Health Department Web site](#), or the [Washington State Department of Health Web site](#). The Clark County Tobacco Prevention and Education staff is gaining insight from other counties that are actively addressing violators. Some counties are getting help from the media. For instance, tobacco prevention staff might make an unannounced visit to an establishment, accompanied by a local TV crew or even police officers. Police officers have issued tickets to individuals and bar owners. The hope is that tobacco prevention staff will only have to do this once or twice to send a strong message that the law is being enforced and violators will be addressed. "We believe that the vast majority of businesses here and across the state are complying with the law," said Theresa Cross, health educator with the program. To date, in Clark and Skamania counties about two dozen letters of violation have been sent and four businesses visited after a second report of violation was received. Smoking was observed in two places and the reports were referred to the prosecuting attorney. Enforcement procedures for violators are being developed with the county administrator and prosecuting attorney's office for both counties. Because food inspectors with the Health Department are in food establishments regularly, they will begin assisting tobacco prevention staff. Two applications to rebut the 25-foot presumptive reasonable distance have been received by the Health Department, and one was granted. Application procedures are also being developed and may require a fee. For more information, contact [Theresa Cross](#), 360.397.8000 x 7378

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Alternative to Ticketing Program Gives Youth a Choice

If a youth is caught using tobacco in Clark County, the new *Alternative to Ticketing Program* requires they attend a tobacco intervention class. The class is intended to help youth understand tobacco addiction and assist them in becoming ready to quit. The youth can then voluntarily go on to attend a tobacco cessation class. The goals for these programs are to:

- Provide an alternative to suspension
 - Provide opportunities for positive teen/adult experience
 - Increase awareness of the consequences of tobacco
 - Increase youth understanding of tobacco industry tactics
 - Motivate youth to adopt healthier lifestyles
 - Discourage tobacco use by teens while sending a message that tobacco use is harmful and illegal
- Tobacco Intervention is an introductory class that meets for two hours at either the Clark County Health Department or the Juvenile Justice Center. Six bi-monthly classes will be offered through December, beginning February 16. Tobacco Cessation is an 8-hour series designed as a follow-up to the Tobacco Intervention class, if the youth chooses to voluntarily quit and requests support. The series is also available to youths who are ready to quit and do not need the introductory class. The classes will begin in March and consist of four weekly sessions, two hours per session. A total of 16 different classes will be offered throughout the year. Classes are free. Schools, juvenile courts or parents can make referrals, or youths can self-refer. For a complete class schedule or more information, contact [Long Vue](#), Clark County Health Department, 360.397.8214 or [Willie Manns](#), ESD 112, 360.750.7500 x 303.

The Health Department is Now in the Clark County Center for Community Health



The Clark County Health Department has moved to the [Clark County Center for Community Health](#). Under one roof, the Center for Community Health will now provide convenient access to enhanced social and health services for regional veterans and other community members. The Center will house Lifeline Connections, Northwest Community Services, a 16-bed combined co-occurring mental health and substance abuse evaluation and treatment center, the U.S. Department of Veterans Affairs, the Clark County Health Department and the Clark County Department of Community Services. The collaboration of partners will result in long-term savings while enhancing services to the community. The Center will offer first-ever residential substance abuse treatment facilities, and crisis treatment services will be greatly enhanced. In addition to the 16-bed combined co-occurring mental health and substance abuse evaluation and treatment center, the facility will house 16 residential drug and alcohol treatment beds for the deaf and hard of hearing; capacity for 16 detoxification beds split between acute and sub-acute services, and 60 residential drug and alcohol treatment beds for adults. The Clark County Center for Community Health will serve as a national model for collaboration, savings and efficiency. Its unique combination of multiple health and social services will provide continuity of care for patients, preventing many from falling through the cracks and out of the system. **The new street address and phone number for the Tobacco Prevention and Education Program are: 1601 E Fourth Plain Blvd., 3rd Floor Vancouver, WA 98661, 360.397.8000.** The mailing address is P.O Box 9825 Vancouver, WA 98666-8825. Phone numbers for James Lanz and Long Vue remain the same. Theresa Cross can now be reached at 360.397.8000 x 7378. Please update your address books and stop by and take a look at this remarkable new building.

Tobacco Sales to Minors Increase

Clark County Health Department's Tobacco Prevention and Education Program conducted 6 Non-Synar Compliance Checks in Ridgefield on January 19 that resulted in three sales. The Health Department trains local high school youth (specifically youth belonging to prevention clubs) to volunteer as undercover youth operatives to conduct tobacco compliance checks. Restricting youth access to or possession of tobacco involves both Synar Compliance Checks and non-Synar Checks. The Synar checks are those required by the Washington State Department of Health (DOH), where the DOH assigns the retail stores to be checked. Non-Synar checks are additional checks that can be done at any store and in any amount by local health departments. In the latest non-Synar compliance checks in Clark County, 36 out of 47 retailers refused to sell tobacco to minors. Retail clerks who refused to sell tobacco to minors were congratulated with a certificate; retail clerks who sold to minors were educated about the laws and given violation notices from the Liquor Control Board. If the violation is a first offense, the fine is \$50 for the clerk and \$100 for the store owner. The biggest problem leading to the sale of tobacco to a minor was clerks improperly reading ID and failing to calculate the youth's age. For more information on the program, contact [Long Vue](#), 360.397.8214

Tobacco Cessation in your Health Care Practice

Tobacco Cessation in Your Practice is a free presentation for medical, dental and mental health providers that is a proven, cost-effective intervention that may improve outcomes with smokers. The one-hour presentation sets the stage for a more comprehensive four-hour training session called *Basic Tobacco Intervention Skills*, which is a tool providers can easily implement in their practice. The presentation is sponsored by the Clark County Health Department's Tobacco Prevention and Education Program and Sea Mar Community Health Center. Health care providers who might be interested should contact [James Lanz](#), 360.397.8416, or [Jamie Zentner](#), 360.566.4403, to discuss their training needs.

Do You Know of Smoke-free Rental Housing?

Secondhand Smoke Task Force is compiling information for a *Guide to Smoke-free Housing in Clark County*. If you are aware of any apartments, rental homes, duplexes or condominiums that have policies restricting or prohibiting smoking, contact [Theresa Cross](#), 360.397.8000 x 7378.



Skamania County Smoke-free Warehouse Dance a Big Success!

Skamania County's Tobacco-free Warehouse Dance in January was a huge success, with 250 youth in attendance! The DJ's threw "tobacco smokes you" little devil pins, Unfiltered puzzle pens and T-shirts to the crowd. Some of the kids even put stickers on the toilet seats that read "Kiss this, it tastes better than a smoker" The next dance is February 18th. For more information contact: [Renee Hanks](#)



New State Media Campaign Tells Parents to "Take it Outside"

The new secondhand smoke media campaign from the Washington State Department of Health, "Take it Outside," began January 9. Providing kids with a smoke-free home helps give them the best chance of being healthy. Children in the U.S. miss 7 million days of school each year due to illnesses from second-hand smoke, such as bronchitis. Exposure to secondhand smoke can exacerbate, and even cause, asthma in children. The campaign tag line is: *"If you smoke, remember to take it outside."* The Washington State Department of Health began running secondhand smoke ads statewide in January 2006. The ads showcase the grim consequences of second-hand smoke for children when parents smoke at home. Ads can be viewed at www.secondhandsmokesyou.com

Secondhand Smoke Identified as a Toxic Air Contaminant

The [California Air Resources Board](#) (ARB) has identified or second-hand smoke (SHS) as a Toxic Air Contaminant (TAC). SHS is now formally identified as an airborne toxic substance that may cause and/or contribute to death or serious illness. The Air Board's action to list SHS as a TAC was based on a comprehensive report on exposure and health effects of SHS. "This new report reaffirms many of the adverse health effects associated with SHS, especially in children who live in homes where smoking occurs," said ARB Chairman, Dr. Robert Sawyer. "It also raises new concerns about its effects on women. All this strongly supported the need for the Air Board to identify SHS as a serious health threat." SHS is a complex mixture of compounds produced by burning of tobacco products. SHS is also a source of other toxic air contaminants such as benzene, 1,3 butadiene, and arsenic. In California each year, tobacco smoke is responsible for the release into the environment of 40 tons of nicotine, 365 tons of respirable particulate matter, and 1900 tons of carbon monoxide. As required by State law, the ARB evaluated exposures to SHS, while the Office of Environmental Health Hazard Assessment (OEHHA) assessed the health effects from these exposures. The OEHHA evaluation clearly established links between exposure to SHS and a number of adverse health effects, including some specific to children and infants. These include premature births, low birth-weight babies, and Sudden Infant Death Syndrome (SIDS). Other effects of SHS on children include the induction and exacerbation of asthma, and infections of the middle-ear and respiratory system. The OEHHA evaluation also found links between SHS exposure and increased incidences of breast cancer in non-smoking, pre-menopausal women. SHS had already been linked to adult incidences of lung and nasal sinus cancer, heart disease, eye and nasal irritation, and asthma.

Smoking, Drinking Work Together to Harm Brain

Both separately and in concert, smoking and drinking cause harm to the brain -- bad news for the majority of alcoholics who also smoke. A recent symposium sponsored by the [Research Society on Alcoholism](#) addressed the impact of smoking and alcoholism on brain neurobiology and function. "Recent neuroimaging studies of chronic smokers have shown brain structural and blood-flow abnormalities," said Dieter J. Meyerhoff, professor of radiology at the University of California at San Francisco and an associate researcher at the Veterans' Affairs Medical Center in San Francisco. "Specific cognitive dysfunction among active chronic smokers has been reported for auditory-verbal learning and memory, prospective memory, working memory, executive functions, visual search speeds, psychomotor speed and cognitive flexibility, general intellectual abilities, and balance. We also believe that the adverse effects of smoking, just like drinking, likely take many years to impact brain function significantly, and interact with age to produce a level of dysfunction that is apparent on cognitive tests."

February 16, The Great American Spit Out. “The Great American Spit Out” offers an opportunity to educate the public about the health risks of spit tobacco and the resources available to help users in our state quit. The Spit Out day is part of *Through with Chew*, a national campaign that started in West Virginia to provide the public with information on spit tobacco and decrease its use. The use of spit tobacco continues to be a health concern in many of our communities, especially those in rural areas where rates are often highest. Locally, the passage of I-901 may prompt an increase in spit tobacco use. Evidence from other states indicates that people turn to spit tobacco products when smoking restrictions take effect. The Washington State Department of Health Tobacco Prevention and Control Program is planning a media campaign and will produce pocket flyers that encourage spit tobacco users to call the Quit Line for help. February is also National Children's Dental Health Month and the *Washington State Dental Hygienists' Association* is working with the Tobacco Program to help spread the word. If you would like to receive chew tobacco Quit Line pocket flyers to distribute contact [Carla Huyck](#) 360-236-3678.

Seattle to Host National Youth Access to Tobacco Conference

April 12-14, 2006 “Access 2006,” Seattle. “Access 2006” is an inaugural conference with a goal to create innovative and effective new strategies to reduce youth access to tobacco products. The focus of this conference is confronting the challenge of social sources (other than retailers) being a significant point of access to tobacco for youth. The conference will work to develop messages that continue to challenge the perception that smoking is an acceptable adult activity and encourage more investment by the community in preventing youth access to tobacco products. The event is sponsored by the Washington State Department of Health (DOH) Tobacco Prevention and Control Program, Public Health Seattle & King County Tobacco Prevention Program, U.S. Department of Health & Human Services Center for Substance Abuse Prevention, 7-Eleven Franchise Owners Association and Michael Moore, former Attorney General of Mississippi, who led the national lawsuit that resulted in a \$246 billion award to all 50 states. The conference will take place at The Westin Hotel in Seattle. Registrations must be received on or before March 3rd. For more information visit www.accessseattle2006.org, call 888.812.1219 or email access@crgevents.com.

Newsletter Contacts:

- [Editor, Kimberly Nelson](#)
- [Tobacco Free Coalition of Clark County](#)
- [Tobacco Free Coalition of Skamania County](#)
- [Clark County Health Department Tobacco Prevention and Education Program](#)
- [Washington State Department of Health Tobacco Prevention and Control Program](#)
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Calendar of Events

- 2/14 Tobacco Free Coalition of Clark County**, 2:30-4 PM, Memorial campus of SWMC, Medical Office Building, Fir/Willow Room, 100 E. 33rd St, Vancouver. Contact: [James Lanz](#): 360.397.8416
- 2/15 CMAA** meeting, 3:30 PM, Stevenson High School staff break room. Contact: [Scott Pineo](#) 509 427.3876
- 2/16 Great American Spit Out** (see article above)
- 2/27 Basic Tobacco Interaction Skills**, training for new instructors. ESD 112, Vancouver. Contact: Miriam Philby, Free and Clear Inc., 206.876.2152, miriam.philby@freeclear.com or register on line at: www.register123.com/event/profile/form/index.cfm?PKformID=0x173300f21d
- 3/2 Secondhand Smoke Task Force** meeting, 1:30-3 PM, Clark County Center for Community Health, Rm A332 Contact: [Theresa Cross](#), 360.397.8000 x 7378
- 3/6 Schools Task Force meeting**, 7:30-9 AM, ESD 112. Contact [Willie Manns](#) 360.750.7500 ext. 303
- 3/9 Tobacco Free Coalition of Skamania** meeting, 3:30-5 PM, Rock Creek Center, Stevenson. Contact: [James Lanz](#): 360.397.8416

Tobacco Prevention and Cessation Related Web Links

- [Action on Smoking and Health](#) - Everything for people concerned about smoking and nonsmokers' rights, smoking statistics, quitting smoking, smoking risks, and other smoking information: www.ash.org
- [Americans for Nonsmokers' Rights](#) - Leading national organization dedicated to nonsmokers' rights: www.no-smoke.org
- [American Legacy Foundation](#) - A national, independent public health foundation located in Washington, D.C., the foundation develops national programs that address the health effects of tobacco use: www.americanlegacy.org
- [Campaign for Tobacco Free Kids](#) - Fighting to free America's youth from tobacco and to create a healthier environment: www.tobaccofreekids.org
- [CHAMPSS](#), Children Helping And Motivating Parents to Stop Smoking - Provides kids with tips on how to talk to their parents about quitting smoking, and offers educational materials and other information they will need to support their parents through a quit attempt: www.champss.org
- [Chewfree.com](#) is a website designed to help people quit using chewing tobacco or snuff (smokeless tobacco): www.chewfree.com
- [O2 Magazine](#) - A publication designed by Washington teens to discuss their efforts at fighting tobacco and showcase their creative talents with feature stories original artwork and photographs: <http://www.unfilteredtv.com/o2magazine/index.html>
- [Tobacco Fact Clipboard](#) - The American Legacy Foundation has compiled a wide range of tobacco, smoking, and health-related facts in a single, easy to use database: www.americanlegacy.org/factclipboard
- [SecondHandSmokesYou](#) - Washington State Department of Health information on the revised Clean Indoor Air Act (RCW 70.160) that went into effect 12/8/05: www.secondhandsmokesyou.com
- [Smokefree Housing](#) - Housing Connections offers a searchable database that includes *nonsmoking* as an apartment criteria option under *advanced search*: www.housingconnections.org/Search.cfm
- [SMOKEFREE Network](#) - Site aimed at winning the right to breathe smoke-free air, facilitating communication among smoke-free advocates and key decision makers and sharing information about the tobacco industry: www.SMOKEFREE.net
- [Smoke-Free Pregnancy Resource](#) - A national program supported by The Robert Wood Johnson Foundation working to discover the best ways to help pregnant women quit smoking and spread the word about effective, evidence-based treatments: www.smokefreefamilies.org
- [Tobacco Scam](#) - Know a restaurant that needs convincing to go smoke free? Have them get the facts about the benefits of going smoke-free at: www.TobaccoScam.ucsf.edu
- [Tobacco Quit Line](#) - A cessation specialist will provide free one-on-one counseling and a customized quit plan to help you kick the habit for good. Listen to a sample call at: www.QuitLine.com
- [UnfilteredTV.com](#) - is a Washington State Department of Health web site where you can find facts and information about the dangers of tobacco, interactive features, ways to get involved in the real-world, news stories, contests and much more: www.unfilteredtv.com
- [Tobacco Prevention Resource Center](#) (TPRC) - provides training and technical assistance to Washington State Department of Health tobacco prevention and control contractors and other key stakeholders. Operated by ESD 112 in partnership with the network of nine ESDs in Washington State. www.tobaccoprc.org
- [The Tobacco Technical Assistance Consortium](#) (TTAC) is an independent, nonprofit organization dedicated to assisting organizations in building and growing highly effective tobacco control programs: www.ttac.org

Links to external resources are provided as a public service and do not imply endorsement by the Clark County Health Department.